



"I can either do it, or I can't"
"Failure is the limit of my abilities"
"I'm either good at it, or I'm not"
"My abilities are unchanging"
"I don't like to be challenged"
"My potential is predetermined"
"When I'm frustrated, I give up"
"I stick to what I know"

FIXED MINDSET



"I like to try new things"
"I am inspired by the success of others"
"Failure is an opportunity to grow"
"My effort and attitude determine my abilities"
"Challenges help me grow"
"I can learn to do anything I want"
"Feedback is constructive"

GROWTH MINDSET

Adapted from the book  **mindset** by Dr. Carol S. Dweck